



Newslines

The Newsletter of the Cambridge Council on Aging

806 Massachusetts Ave., Cambridge, MA 02139
Office: (617) 349-6220 Senior Center: (617) 349-6060
North Cambridge Senior Center (617) 349-6320

FEBRUARY

February is National Heart Month and as stated in the Department of Health and Human Services, National Heart, Lung and Blood Institute's web sight: www.nhlbi.nih.gov it's vital that everyone learn the warning signs of a heart attack.

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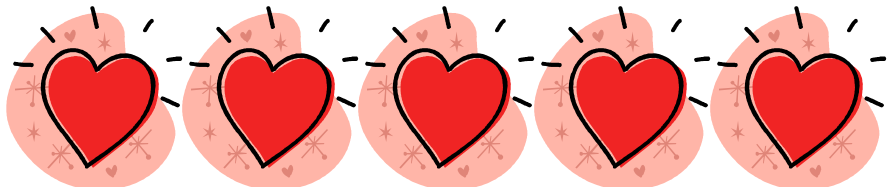


Prescription Advantage will have an open enrollment in the Spring of 2006. Be on the Look-out.

Our appreciation to the Executive Office of Elder Affairs for funds to support our Newslines publication.

- ☐ **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- ☐ **Discomfort in other areas of the upper body.** Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- ☐ **Shortness of breath.** Often comes along with chest discomfort. But it also can occur before chest discomfort.
- ☐ **Other symptoms.** May include breaking out in a cold sweat, nausea, or light-headedness.

Heart attacks and stroke are life-and-death emergencies—every second counts. Learn the sign-but remember: Even if you are not sure it's a heart attack, you should call 9-1-1 and have it checked out. This can save your life or the life of a loved one.



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- Towards the monthly Part D premium if enrolled in a Part D basic plan.
- Medication Co-payments if your Part D plan has a deductible or if you reach the Donut Hole.
- Assistance paying for medications not covered by Medicare – Benzodiazepines.
- Lower Out of Pocket Spending Limit.



## **Help for Caregivers**

**The number of individuals providing care for family or friends with illnesses or disabilities is growing rapidly.**

**According to the National Family Caregiver Alliance, nearly 7 million people in the United States provide care to persons age 65 and over who need assistance with everyday activities. Their estimate of the number of people caring for adults over the age of 20 with disabilities, chronic illness or dementia exceeds 50 million. The organization reports that 78% of adults who need long-term care depend exclusively on their family and friends, and receive their care at home.**

**“Caregiving can be a very rewarding activity,” said John O’Neill, Executive Director of Somerville Cambridge Elder Services. “However, caregivers also face many challenges that can negatively impact their health, finances, and stress level.”**

**According to O’Neill, caregivers may not know about services that are available to help them or may be reticent to accept help. “Assistance is available, but often caregivers don’t think they can qualify for these services, or they feel that somehow it is their responsibility to provide all of the care,” said O’Neill.**

**However, when caregivers are able to access outside assistance, they often find that their quality of life is greatly improved and that the relationship with the person for whom they**

**are caring is enhanced, noted O’Neill.**

**“One important resource that is often overlooked is the state’s Respite Program,” said O’Neill. “The state-funded Respite Program, which offers caregiver relief, is actually available to people of all income levels on a sliding fee scale, and offers a wealth of services such as case management, adult day programs, and assistance with personal care.”**

**Other services offered by the program include food shopping, home safety adaptations, housekeeping, laundry, meal preparation, meals-on-wheels, memory disorder consultation, personal emergency response systems, supervision/companionship, and transportation for medical appointments.**

**To qualify for the respite service, the care recipient must be 60 years or older (younger care recipients may be eligible if there is a Memory Disorder). The care recipient must need assistance with basic activities of daily living and the caregiver must be actively involved in overseeing care. Long distance caregivers may also qualify. Caregivers may be family members, friends, or partners.**

**For more information about the Respite Program and caregiver services, call the Somerville Cambridge Elder Services Aging Information Center at 617-628-2601 ext. 3151. Information is also available at [www.eldercare.org](http://www.eldercare.org).**



## **“Heart Felt” Gains**

**By Karen A Wolf, APRN, BC, PhD  
Nurse Practitioner  
Oliver Farnum Senior Health Center  
Cambridge Health Alliance**

In health care the benefits of prevention are most clear with heart disease. Some forty years ago patients would simply die of heart disease. Prior to the 1960's, lack of medical insurance and of effective treatments was common. My grandfather, like many of his generation, had a heart attack. His high blood pressure and probable high cholesterol had escaped medical notice. On a cold January day my grandfather was felled shoveling a “window-making” snow. Today, health care offers early screening and effective treatment to help reduce heart disease. We have the ability to prevent most heart disease from developing into heart failure. Treating high blood pressure and reducing cholesterol have provided important gains, but the progress offered by medical advances has limitations. There is need to look beyond the “simple” fix of medications to what our behaviors can provide. Many of the risk factors for heart disease cannot be fixed or reduced by medications alone. It is now clear that the gains of the future will come from behavior change. Challenges for the future include:

1. Stopping the epidemic of obesity. Obesity is both a

community problem and a personal challenge. Exercise and diet are the solutions. Eating less fat and carbohydrates in exchange for more vegetables, fiber and fruit is key. For example, recent studies suggest that folic acid, found in green and leafy vegetables is very important to protect our hearts! We need to encourage our children and grandchildren to make changes in diet as well. Let's encourage our family, friends and neighbors to work for a slimmer, healthier future!.....

2. Putting an end to the sedentary life style trends or “couch potato syndrome”. Exercise adds to heart muscle strength as well as weight loss. We should set a goal of doing 30 minutes of exercise a day. This includes the cumulative effects of walking, dancing, exercise class, and swimming. Easy efforts come from taking the stairs instead of riding the elevator, or simply walking a little further to shop or visit a friend.
3. Stemming the rise of tobacco use. While on the decline for older adults, tobacco use is rising for some younger folks. Second-hand smoke is a risk to our hearts and lungs. Let's encourage our friends, family and neighbors to stop smoking. Suggest that they

talk with their health care provider or local public health department about getting help for smoking cessation.

**4. Tackling diabetes early.**

Diabetes is a major contributor to heart disease. Research shows that we can identify risk for developing diabetes in many people, and that by close attention to diet, exercise and weight control, the onset of diabetes can be delayed.

**5. Curb stress-make room for peace in your daily life. The fast-paced world we live in adds to the tension and affects our bodies. Research shows that learning to relax through meditation, prayer or other “relaxation response” methods, can improve blood pressure and heart functioning.**

**6. Continue to learn and be a self advocate. Be open to new knowledge. Staying abreast of advances in medicine can be a challenge. Read and listen to community lectures. Advocate for yourself by asking questions of your health care provider.**

- Know your numbers ( blood pressure, cholesterol, glucose),
- Know your medications (name, dose, purpose for taking and side effects)
- Keep a record of your health care information and stay in charge!

Come to our lecture,  
“What’s New In Heart Disease Management,” with Ann Lindsay, Nurse Clinician, Cambridge Health Alliance, Thursday, February 23 from 1:00-3:00 at the Citywide Senior Center. 617.349.6060  
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The Sobriety Support Group at the Citywide Senior Center meets on the 1st and 3<sup>rd</sup> Wednesday of the month from 10-11:30.

Please welcome our new Substance Abuse Counselor, Eileen Rush. She may be reached at 617.349.6222.  
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To schedule VITA Income Tax Assistance at the North Cambridge Senior Center, 2050 Mass. Avenue, Cambridge, call 617.349.6320

Thursdays: Starting 2/16/06 through 4/7/06.  
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**Bowling League  
Wednesdays  
February 8 & 22  
9:15-12:15**

**Call (617) 349-6060  
for Information**

**League members meet at the  
Citywide Senior Center  
806 Mass. Avenue  
Cambridge, MA**

**New bowlers welcome!**

# FEBRUARY EVENTS AT OUR CENTERS


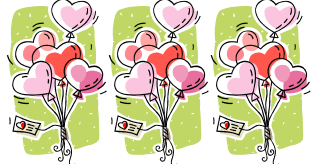
## THE CITYWIDE SENIOR CENTER

806 Mass Ave., Cambridge  
(617) 349-6060

## THE NORTH CAMBRIDGE SENIOR

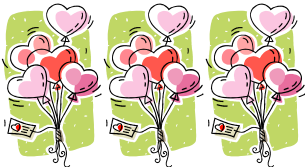
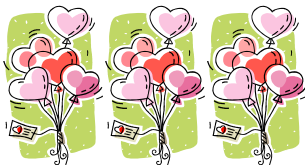



2050 Mass Ave., Cambridge  
(617) 349-6320

[www.cambridgema.gov/DHSP2](http://www.cambridgema.gov/DHSP2)

|                              |                                                                           |                                                                                     |                                                                                       |
|------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Thursday<br>February 9       | Town Meeting 12-1<br>Birthday Party 1-2<br>Sr Advisory Cmt 1:30-3         | Fridays<br>February 3 & 17                                                          | Pet Therapy Days<br>With Brandy 9-4                                                   |
| Wednesdays<br>Feb 8 & 22     | Bowling 9-12                                                              | Mondays<br>February 6, 13 & 27                                                      | <u>60 Minutes</u> -Discussion<br>Group 10:30-11:30                                    |
| Thursday<br>February 9       | Valentine's Day Party<br>Cruise Theme 12:30-3 \$4<br>Ticket Required      | Tuesday<br>February 8                                                               | Birthday Party<br>2:30-3:30                                                           |
| Friday<br>February 10        | Chinese New Year 11-3<br>\$5 Ticket Required                              | Monday<br>February 13                                                               | Book Review 9:45-10:45<br>Open Forum 12-1                                             |
| Tuesday<br>February 14       | Lunchtime with Dr.<br>Conant 12-1                                         | Tuesdays<br>February 7, 14, 21<br>& 28                                              | Social Services 10-2<br>Call 617.349-6320 for<br>an appointment                       |
| Wednesday<br>February 15     | Men's Breakfast 9-10<br>Food served until 9:30                            | Tuesday<br>February 14                                                              | Valentine Pizza Party<br>\$3 Ticket Required                                          |
| Thursday<br>February 16      | Pool Tournament 10-1<br>Black History Celebration<br>1-2:30               | Wednesday<br>February 15                                                            | Men's Breakfast at<br>Citywide Senior Center<br>9-10                                  |
| Monday<br>February 20        | President's Day<br>Open for Breakfast &<br>Lunch 8:30-1                   | Thursdays<br>February 16 & 23                                                       | VITA Income Tax<br>Assistance 2-5<br>Appointment Needed                               |
| Thursday<br>February 23      | Health & Wellness Talk<br>"What's New in Heart<br>Disease Management" 1-3 |                                                                                     |                                                                                       |
| Fridays<br>February 3,<br>24 | Afternoon Tea<br>1-2                                                      |  |  |

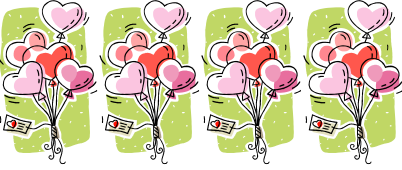
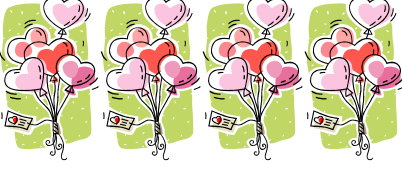
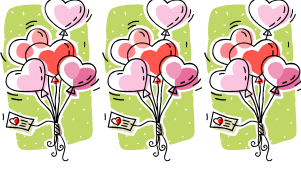
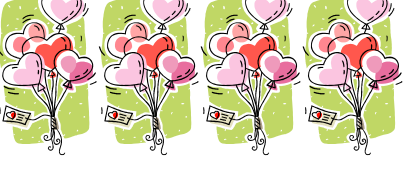




| MONDAY                                                                                                                                                                              | TUESDAY                                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                   | THURSDAY                                                                                                                                                                                                                                                               | FRIDAY                                                                                                                                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                    |                                                                                                                                             | <b>1.</b> Chinese/English Singers 9:45-11<br>Tai Chi Level I –12-1<br>Crafts/Social Club 1-3<br>Tai Chi Level II- 1:15-2:15<br>Beano 1:30-3                                                 | <b>2.</b> Grandet An Aksion 9-2<br>Ceramics 9:30-12<br>Exercise Class 10-11<br><b>Town Meeting 12-1</b><br><b>Birthday Party 1-2</b><br><br><b>Senior Advisory Committee 1:30-3</b> | <b>3.</b> Qi Gong 9-10<br>ESL Chinese 9-10:30<br>Awareness/Movement 9:30-10:30<br>Strength Building 10-11<br>Chinese Movie 10:30-12<br>Ballroom Dancing 1-3<br><b>Afternoon Tea 1-2</b><br>Beano 1:30-3    |
| <b>6.</b> Qi Gong 9-10<br>Cards, Board Games 9-11:30<br>Clay Sculpture 10-12<br>Senior Singers 10-11:30<br>Classic Movie 1-3<br>Painting 1:30-3<br>Beano 1:30-3                     | <b>7.</b> ESL II 9:30-10:30<br>Chair Yoga 10-11<br>ESL-IV 10:30-12<br><b>Senior Safety 12:30-1:30</b><br>Latino Group 1-2<br>Movie 1:15-3:15                                                                                  | <b>8.</b> Chinese/English Singers 9:45-12<br>Tai Chi Level I –12-1<br>Crafts/Social Club 1-3<br>Tai Chi Level II- 1:15-2:15<br>Beano 1:30-3                                                 | <b>9.</b> Grandet An Aksion 9-2<br>Ceramics 9:30-12<br>Exercise Class 10-11<br><b>Valentine’s Day Party 12:30-3</b><br><b>Cruise Theme</b><br><b>Tickets Required</b>                                                                                                  | <b>10.</b> Qi Gong 9-10<br>ESL Chinese 9-10:30<br>Strength Building 10-11<br><b>Chinese New Year 11-3</b><br><b>Tickets Required \$5</b><br>Beano 1:30-3                                                   |
| <b>13.</b> Qi Gong 9-10<br>Cards, Board Games 9-11:30<br>Clay Sculpture 10-12<br>Senior Singers 10-11:30<br><b>MSAC 1-2</b><br>Classic Movie 1-3<br>Painting 1:30-3<br>Beano 1:30-3 | <b>14.</b> ESL II 9:30-10:30<br>Chair Yoga 10-11<br>ESL-IV 10:30-12<br><b>Dr. Conant-Lunchtime Chat 12-1</b><br>Latino Group 1-2<br>African American Seniors 1-2:30<br><b>Blood Pressure Screening 1-2</b><br>Movie 1:15-3:15 | <b>15. Men’s Breakfast 9-11</b><br><b>Bowling 9-12</b><br>Chinese/English Singers 9:45-12<br>Tai Chi Level I –12-1<br>Crafts/Social Club 1-3<br>Tai Chi Level II- 1:15-2:15<br>Beano 1:30-3 | <b>16.</b> Grandet An Aksion 9-2<br>Ceramics 9:30-12<br>Exercise Class 10-11<br><b>Pool Tournament 10-1</b><br><b>Black History Celebration 1-2:30</b>                                                                                                                 | <b>17.</b> Qi Gong 9-10<br>ESL Chinese 9-10:30<br>Awareness/Movement 9:30-10:30<br>Strength Building 10-11<br>Chinese Movie 10:30-12<br><b>Cooking with Julie 1-2</b><br>Ballroom Dancing 1-3/Beano 1:30-3 |
| <b>20. Presidents’ Day Holiday</b><br><b>Center Open for Breakfast and Lunch 8:30 – 1:00</b><br> | <b>21.</b> ESL II 9:30-10:30<br>Chair Yoga 10-11<br>ESL-IV 10:30-12<br><b>Book Review 12:30-1</b><br>Latino Group 1-2<br>Movie 1:15-3:15                                                                                      | <b>22.</b> Bowling 9-12<br>Chinese/English Singers 9:45-12<br>Tai Chi Level I –12-1<br>Crafts/Social Club 1-3<br>Tai Chi Level II- 1:15-2:15<br>Beano 1:30-3                                | <b>23.</b> Grandet An Aksion 9-2<br>Ceramics 9:30-12<br>Exercise Class 10-11<br><b>Health &amp; Wellness “What’s New in Heart Disease Management” 1-3</b>                                                                                                              | <b>24.</b> Qi Gong 9-10<br>ESL Chinese 9-10:30<br>Awareness/Movement 9:30-10:30<br>Strength Building 10-11<br>Chinese Movie 10:30-12<br><b>Afternoon Tea 1-2</b><br>Ballroom Dancing 1-3/Beano 1:30-3      |
| <b>27.</b> Qi Gong 9-10<br>Cards, Board Games 9-11:30<br>Clay Sculpture 10-12<br>Senior Singers 10-11:30<br>Classic Movie 1-3<br>Painting 1:30-3<br>Beano 1:30-3                    | <b>28.</b> ESL-II 9:30-10:30<br>Chair Yoga 10-11<br>ESL-IV 10:30-12<br>Latino Group 1-2<br>African American Seniors 1-2:30<br>Movie 1:15-3:15<br><b>Blood Pressure Screening 1:30-2</b>                                       | <br><b>Gentle Chair Yoga</b><br><b>Tuesdays &amp; Saturdays 10-11 a.m. \$2</b>                         | <b>Saturday Schedule</b><br><b>Breakfast 8:30-9:30</b><br><b>Billiards 8:30-1</b><br><b>Computer Lab 9:30-11:30</b><br><b>Yoga 10-11</b><br><b>Lunch 11:30-12:15</b>                                                                                                   |                                                                                                                                                                                                            |

To sign up for lunch call one day in advance 616. 349.6060. Lunch time is from 11:30 a.m.-12:45 p.m. The suggested donation is \$1.50  
Food Pantry Hours: Tuesdays & Thursdays 12-2 p.m.



|                                                                                                                                                                                                  |                                                                                                                                                                                                                      |                                                                                                            |                                                                                                                 |                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
|                                                                                                                 | <p style="text-align: center;">Advisory Committee<br/>Rae Hamilton<br/>Daphne Luscap<br/>Diana Moscardini<br/>Ellie Stevenson</p>  | <p>1. Stretch/Exercise 11-12<br/>Lunch 11:30-12:30<br/>WOW 12:30-2<br/>Movie 2-3:30</p>                    | <p>2. Bridge 9-12<br/>Walnut St Group 10-1<br/>Lunch 11:30-12:30<br/>Senior Safety 1-2<br/>Yoga 3-4</p>         | <p>3. <u>Pet Therapy 9-4</u><br/>Line Dancing 10:30-11:30<br/>Lunch 11:30-12:30<br/>Whist 1-4</p>  |
| <p>6. Walking Club 10:20-12<br/><u>60 Minutes</u>-Discussion Group 10:30-11:30<br/>Spanish Class 11-12<br/>Lunch 11:30-12:30<br/>Bingo 1-3</p>                                                   | <p>7. Bridge 9-12<br/>Social Services 10-2<br/>Lunch 11:30-12:30<br/>Quilting 1-3<br/>Crochet/Knitting 1-3</p>                                                                                                       | <p>8. Stretch/Exercise 11-12<br/>Lunch 11:30-12:30<br/>WOW 12:30-2<br/><u>Birthday Party 2:30-3:30</u></p> | <p>9. Bridge 9-12<br/>Walnut St Group 10-1<br/>Lunch 11:30-12:30<br/>Yoga 3-4</p>                               | <p>10. Line Dancing 10:30-11:30<br/>Lunch 11:30-12:30<br/>Whist 1-4</p>                            |
| <p>13. Walking Club 10:20-12<br/>Book Review 9:45-10:45<br/><u>60 Minutes</u>-Discussion Group 10:30-11:30<br/>Open Forum 12:00 Noon<br/>Spanish Class 11-12<br/>Lunch 11:30-12:30/Bingo 1-3</p> | <p>14. Bridge 9-12<br/>Social Services 10-2<br/>Lunch 11:30-12:30<br/>Quilting 1-3<br/>Crochet/Knitting 1-3<br/><u>Valentine's Day Pizza Party 2:30-4:30</u></p>                                                     | <p>15. Stretch/Exercise 11-12<br/>Lunch 11:30-12:30<br/>WOW 12:30-2<br/>Movie 2-3:30</p>                   | <p>16. Bridge 9-12<br/>Walnut St Group 10-1<br/>Lunch 11:30-12:30<br/>VITA Tax Assistance 2-5*<br/>Yoga 3-4</p> | <p>17. <u>Pet Therapy 9-4</u><br/>Line Dancing 10:30-11:30<br/>Lunch 11:30-12:30<br/>Whist 1-4</p> |
| <p>20.<br/><br/>President's Day<br/>Center Closed</p>                                                                                                                                            | <p>21. Bridge 9-12<br/>Social Services 10-2<br/>Lunch 11:30-12:30<br/>Quilting 1-3<br/>Crochet/Knitting 1-3<br/>Advisory Committee 3-4</p>                                                                           | <p>22. Lunch 11:30-12:30<br/>WOW 12:30-2<br/>Movie 2-3:30</p>                                              | <p>23. Bridge 9-12<br/>Walnut St Group 10-1<br/>Lunch 11:30-12:30<br/>VITA Tax Assitance 2-5*<br/>Yoga 3-4</p>  | <p>24. Line Dancing 10:30-11:30<br/>Lunch 11:30-12:30<br/>Whist 1-4</p>                            |
| <p>27. Walking Club 10:20-12<br/><u>60 Minutes</u>-Discussion Group 10:30-11:30<br/>Spanish Class 11-12<br/>Lunch 11:30-12:30<br/>Bingo 1-3</p>                                                  | <p>28. Bridge 9-12<br/>Social Services 10-2<br/>Lunch 11:30-12:30<br/>Quilting 1-3<br/>Crochet/Knitting 1-3</p>                                                                                                      | <p style="text-align: center;"><i>The Cambridge Council<br/>On Aging<br/>617.349.6220</i></p>              |                            |               |

To sign up for lunch, call one day in advance 617.349.6320. Lunch hour is from 11:30-12:30. The suggested donation is \$1.50  
\*Call 617.349.6320 to schedule VITA Income Tax Assistance



Our popular Computer classes begin each month. Register **NOW** for the Basics.  
 Classes are \$12.00 for the series. It's fun, and easy when you know how.  
**February/March 2006** already!

There will be no classes  
 scheduled for February  
 2006.

Classes begin again in  
 March 2006.

Lab hours will remain  
 the same.

See other side.

Register for  
**March 2006** Computer  
 Classes  
 in the warm and cozy  
 Cambridge City Wide  
 Senior Center.

Typing gone rusty?  
 Play games with  
 Mavis Beacon  
 Teaches Typing.  
 Mavis is available on  
 Computers#2 and #3.  
 A warm and cozy  
 monitor will show you  
 how.

**COMPUTER BASICS** in four consecutive weeks, (each class is 1-½ hours) you will make the mouse your friend, type, insert a graphic, save, and print a letter, and make an envelope or labels. Classes are \$3.00/class or \$12.00 for the series.

**MORE COMPUTER BASICS** in four consecutive weeks, (each class is 1-½ hours) perfect your formatting skills. Are you doing a newsletter? Resume? This is the class for you.



**INTERNET BASICS** in four consecutive weeks, (each class is 1-½ hours) you will create an e-mail account, E-mail your friends, and surf the WORLDWIDE WEB. Classes are \$3.00/class or \$12.00 for the series. Computer Basics is highly recommended.

**USING ATTACHMENTS** In four consecutive weeks, (each class is 1-½ hours) you will take pictures with the Department's Digital Camera, work with images, and send them as attachments in e-mails. Classes are \$3.00/class or \$12.00 for the series. A (free) Yahoo e-mail account is essential.

Cambridge Citywide Senior Center  
 806 Massachusetts Avenue  
 Cambridge MA 02139  
 PH: 1-617-349-6060 X6198  
 eflo1@yahoo.com

Our popular Computer classes begin each month. Register NOW for the Basics.  
Classes are \$12.00 for the series. It's fun, and easy when you know how.

February/March 2006 already!

| February 2006                                            | T 1/31                                                                                                                        | W 2/1                                                                                                  | TH 2/2                                                                                                                      | F 2/3                                                                                                        | S 2/4                                                 |
|----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|
| Our computers are available on Saturdays from 9:30-11:30 | Computer Lovers:<br>I'm in California.<br>Eve<br><br>Computer Lab<br>1:00-3:00<br>Joe Galvin                                  | Computer Lab<br>TBA<br>Call first<br>617-349-6060                                                      | Joy and<br>Laughter<br>Build the<br>Immune<br>System.                                                                       | February<br>Computer Lab<br>TBA<br>Call first                                                                | Computer Lab<br>9:30-11:30<br><br>Maurice<br>Anderson |
| M 2/6                                                    | T 2/7                                                                                                                         | W 2/8                                                                                                  | TH 2/9                                                                                                                      | F 2/10                                                                                                       | S 2/11                                                |
| Computer Lab<br>11:15-2:00<br>LeRoy<br>Cragwell          | Computer Lab<br>1:00-3:00<br>Joe Galvin                                                                                       | Computer Lab<br>1:00- 4:30<br>TBA                                                                      | Practice your<br>computer<br>moves on our<br>computers<br>M, T, W, , F, Sa                                                  | February<br>Computer Lab<br>TBA<br>Call first                                                                | Computer Lab<br>9:30-11:30<br><br>Alicia<br>Johnson   |
| M 2/13                                                   | T 2/14                                                                                                                        | W 1/18                                                                                                 | TH 1/19                                                                                                                     | F 1/20                                                                                                       | S 1/21                                                |
| Computer Lab<br>11:15-2:00<br>LeRoy<br>Cragwell          | <br>Computer Lab<br>1:00-3:00<br>Joe Galvin | Computer Lab<br><br>TBA                                                                                | A smile<br>is an act of<br>kindness<br> | February<br>Computer Lab<br>TBA<br>Call first                                                                | Computer Lab<br>9:30-11:30<br>Maurice<br>Anderson     |
| M 2/20                                                   | T 2/21                                                                                                                        | W 2/22                                                                                                 | TH 2/23                                                                                                                     | F 2/24                                                                                                       | S 2/25                                                |
| CENTER IS<br>CLOSED.<br><br>HAPPY<br>BIRTHDAY<br>GEORGE! | Computers are<br>available<br>9:00-12:00<br>Eve Flochild<br>Computer Lab<br>1:00-3:00<br>Joe Galvin                           | Computers are<br>available<br>9:00-12:00<br>Eve Flochild<br>Computer Lab<br>1:00- 4:30<br>Eve Flochild | Classes are<br>cancelled if<br>there's no<br>school in<br>Cambridge.<br>Don't take<br>chances with<br>snow and ice.         | Computer<br>Basics<br>9:00-10:30<br>10:30-12:00<br>Eve Flochild<br>Computer Lab<br>1:00-4:30<br>Eve Flochild | Computer Lab<br>9:30-11:30<br><br>Alicia<br>Johnson   |
| M 2/26                                                   | T 2/27                                                                                                                        | W 2/28                                                                                                 | REGISTER<br>NOW                                                                                                             | MARCH                                                                                                        | ALREADY!                                              |

Cambridge Citywide Senior Center  
806 Massachusetts Avenue  
Cambridge MA 02139  
PH: 1-617-349-6060 X6198  
eflo1@yahoo.com



## **PROGRAM AND STAFF**

### **Executive Director, Eileen Ginnetty**

#### **CAMBRIDGE CITY COUNCIL**

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**Timothy J. Toomey Jr., Vice Mayor**  
**Henrietta Davis**  
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**Craig A. Kelley**  
**Brian Murphy**  
**E. Denise Simmons**  
**Michael A. Sullivan**

#### **CITY ADMINISTRATION**

**Robert W. Healy**  
**City Manager**  
**Richard C. Rossi**  
**Deputy City Manager**  
**Ellen Semonoff,**  
**Assistant City Manager**  
**Department of Human**  
**Service Programs**

#### **COUNCIL ON AGING BOARD**

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**Patricia Toner**  
**Mary Vlantikas**

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**Ruby Chung**  
**Bill Ellis**  
**Joan Morris**  
**Jean Ryde**  
**Ruth Sharp**  
**Nancy Smith**  
**Wai Ling Tam**

#### **Social Services**

Susan Pacheco, Director of Client Services,  
Portuguese Translation  
Elizabeth Seelman, Case Manager  
Caryn A. Eichenbaum, Information &  
Referral Specialist; SHINE Counselor

#### **Administrative Assistant**

Patricia A. Johnson

#### **Senior Aides**

Marlene Bumm  
Ruby Chung  
Myrna Rivera  
Anne Robinson

June Rooney  
Arvilla Sarazen  
Lorraine Wade  
Ila Watson

#### **Elder Haitian Program**

Lily Marcelin-Program Coordinator  
Dianante Desjardines-Program Assistant

#### **Senior Substance Abuse Counselor**

Eileen Rush

#### **Bus Driver**

Laura Habermann

#### **Asian Seniors Coordinator**

Yolanda Chin

#### **Men's Group Coordinator**

James E. Jones

#### **Computer Instructor**

Eve Flochild

#### **Newsletters**

Eileen Ginnetty  
Patricia Johnson

#### **Citywide Senior Center**

Emma Watkins, Director

#### **Activities & Volunteer Coordinator**

Arline McGrady  
Angela Owens, Assistant

#### **North Cambridge Senior Center**

Vincent McCarthy, Director

#### **North Cambridge Senior Center** **Meal Site Director**

Jean Roy

#### **Food Service Manager**

Julianne King

#### **Assistant Food Service Manager**

Santora Cooper

#### **Meals Assistants**

Betty Bingham  
Teiko Devin

Gail Low

#### **Food Pantry Coordinator/** **Center Assistant**

Lena Bell

#### **Food Pantry Assistant**

Cathy Decker

#### **Facility Manager**

Donn Hockman  
Department of Public Works

#### **Week-End Activities** **Coordinator**

**Cambridge Council on Aging**  
**806 Massachusetts Avenue**  
**Cambridge, MA 02139**